

Cauliflower & Quinoa Toasties with Mozzarella Cheese

SERVES 4

Ingredients

- 1 head of cauliflower (removed stem, cut into small florets)
- 2 tbsp raw quinoa (washed well, cooked with water or stock)
- 1 large egg
- ½ cup shredded Parmesan cheese
- 1 tsp dried Italian herbs and pepper
- ¾ cup grated mozzarella cheese



Method of preparation

1. Preheat oven at 230°C. Pulse cauliflower in food processor until about half the size of a rice grain.
2. Spread cauliflower onto large microwave-safe plate and microwave for 2 mins until soft and tender.
3. Stir cauliflower to even it out. Place back into the microwave and cook for another 3 mins. Remove and stir again so that all the cauliflower cooks evenly. Place back into microwave and cook for 5 mins. Cauliflower should be slightly moist when you touch it, but looks dry and clumpy.
4. Allow cauliflower to cool for a few minutes. Add egg, quinoa, parmesan, herbs and pepper. Stir to combine until you get a smooth dough. Divide into 4 equal parts. Shape into square bread slices about 1cm thick with hands. Line your baking tray with baking paper and place the dough on it. Bake cauliflower bread for about 15-18 mins or until golden brown. Remove from oven and let it cool for a few minutes.
5. Using a spatula, carefully slide cauliflower bread off baking paper.
6. Assemble 2 cauliflower sandwiches by adding half the mozzarella cheese in between each pair of bread slices. Place sandwiches into toaster oven and grill for 5 to 10 mins until cheese is completely melted and bread is toasty.
7. Serve with a side of salad or grilled vegetables and extra quinoa.

Nutrition Information Per Serving

Energy	221kcal
Carbohydrate	10.6g
Protein	17.7g
Total fat	11g
Saturated fat	6.3g
Cholesterol	71.8g
Dietary fibre	3.7g
Sodium	403mg
Carbohydrate exchange	~1 exchange

About the author: Bonnie Lau is an accredited dietitian who worked at Singapore General Hospital and Tan Tock Seng Hospital before her present job at Glycoleap. She is a foodie and believes in empowering patients/clients to take greater control of their own health while enjoying food. (www.glycoleap.com)